

VOICE OF THE RESIDENTS

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BROADMEAD, COCKEYSVILLE, MD

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Broadmead Genealogists Hunt Ancestors Sometimes Find Neighbors Are Cousins

by Elborg Forster

Behold the tree! It is the symbol of the study of genealogy, a popular activity at Broadmead. Identifying our ancestors and, if at all possible, trying to learn something about their way of life, turns all of us into historians. I can mention only a few workers in that vineyard, but there are others, for we have reached an age when it seems important to ascertain our place in a chain, to know who came before us and who will come after us.

Natalie Bellows inherited a set of data from her father, who found his information in church records – recordings of baptisms, marriages and burials – as well as in cemeteries in New England, where his family had arrived in the 1630s.

Natalie then continued her research there and in Old England, and she now has several notebooks filled with the names and dates of her ancestors and, best of all, stories about their lives. Her most famous ancestor is the last person hanged as a witch in Salem, MA, in 1692. Her name was Rebecca Nurse (or Nourse). Natalie has also found distant

cousins here at Broadmead, namely the late Kim Englar, Sue Baker, Bob Fetter, Anne Lee, Charlie Lee, Fran Beasley's husband and Sally Burbank's husband.

Bob Davies also started his genealogical studies before internet sources were available. He relates how, by word of mouth and diligent follow-up, he was able to locate a whole body of correspondence between his great-grandfather and his

fiancée, and to come into possession of a beautiful gold medal this ancestor had received for superior work as a young man. By now Bob Davies is, of course, quite adept at making use of electronic means to further his search, and the work continues.

Bob Fetter has a vast amount of family papers, including personal correspondence dating back several generations. He is also a mine of information on the social and economic circumstances of these people.

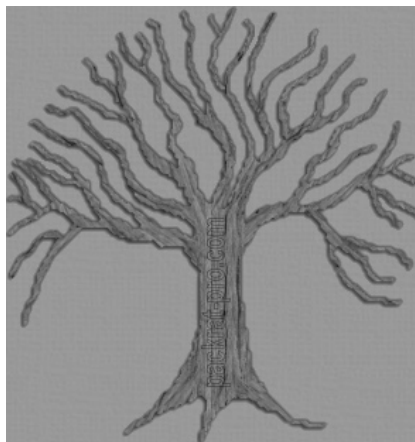
Anne Lee was intrigued when she saw the papers left by a relative who wanted to join the DAR (Daughters of the American Revolution). To become a member of that organization, you have to prove that your

ancestors were present in one of the thirteen colonies. Anne's research into her husband's family history started with some memorabilia of the Civil War and soon led Anne to early colonial times in

Massachusetts; and here it turned out that she and Charlie shared a number of ancestors. Court records were a useful resource. One of these mentioned the man who was

hauled into court for threshing corn on the Sabbath, and one of them, worse yet, concerned the trial of Goodie Knapp, who was tried for witchcraft and hung in Fairfield, Connecticut, in 1654. Anne not only enjoys finding information about her ancestors but also is fascinated by the puzzle-solving aspect of this pursuit.

Other Broadmead residents will agree. Should they perhaps form a club? (See page 15 for genealogical research tools.)



Broadmead Welcomes

By Nancy Allchin and Natalie Bellows

Estelle (Stack) Kreinik (Mrs. Jerry)

C-8 443-578-8319 November 2011

A hint of New York City is evident as Estelle tells of her upbringing in Manhattan. She attended Hunter College, majoring in French and other languages. She went on to earn a graduate degree in Clothing and Textiles at



the Teacher's College of Columbia University. She then taught tailoring and "fine" dressmaking at the University of Tennessee.

Estelle met her husband Jerry when he attended NYU, and they were married for 66 years until his recent death. He was a

textile chemist and his career in textiles and plastics took them to many different locations on the east coast. She continued her teaching wherever they were and taught at Brooklyn College, the University of Maryland and Catonsville High School. She also taught adult education classes at West Virginia

EDITORIAL POLICY

THE VOICE is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry feature articles, essays and poems written by residents and staff, of interest to Broadmead residents, plus material assigned by the editors. As its major goal is to promote a sense of community, *THE VOICE* does not publish criticism of individuals or of the three organizational bodies that comprise Broadmead (residents, administration and trustees) nor controversial opinions about Broadmead affairs as there are established procedures for the resolution of internal problems. *THE VOICE* does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion. As a general rule *THE VOICE* will not publish submissions from outside media due to space limitations and possible copyright problems. All submissions must be signed. The decision of the Editorial Board in regard to publication shall be final. Those submitting articles should retain copies as submissions will not be returned.

We must have all submissions by the 12th of the prior month. As we want no article to run to more than one page, no copy may exceed 600 words in length. All copy is subject to editing and cutting. All submissions should be typed and, if possible, sent by email attachment to voice@broadmeadra.org, with a hard copy in *THE VOICE* box opposite the copy machine in the BRA office.

University as she and her husband raised three sons. The family lived in Parkersburg, WV for 45 years. Forty years ago Jerry and Estelle combined their talents to establish their own business, making and supplying metallic and silk yarns to the needlecraft, apparel and home decorating industries.

One of their sons runs the company today. Parkersburg remained Estelle's home until she came to Broadmead.

Dorothy (Butts) Sinclair (Mrs. Clarence)

M-9 443-578-8322 November 2011

Dorothy has lived in many places in the U.S. but comes to Broadmead from Swarthmore, PA, where she and Clarence (now deceased) retired 25 years ago. Dorothy recently "retired" again from her part-time employment at a Delaware County, PA, agency advocating for senior victims of crime, a job she loved.

She was brought up in Los Angeles, and graduated from the University of Southern California. She met her husband-to-be when he was serving in the U.S. Air Force (World War II). They married and were moved to different locations frequently. After his studies for the ministry, they settled at Mercer Island near Seattle, and this is where their three children grew up. Future



positions in church administration led them to Catonsville, Baltimore, and Columbia where he skillfully convinced church denominations and faith groups to cooperate and share buildings in the villages of the new city. During these years Dorothy was involved teaching Sunday school, setting up nursery schools and choirs.

Their children, two daughters and a son, five grandchildren and three great grandchildren now live in the Baltimore area, a good reason for her choosing Broadmead. No longer an outside gardener, Dorothy has turned her kitchen into a greenhouse for 15 African violets, many of them scions of plants acquired years ago.

Winter Solstice 2011

by Gwen Marable

This is the longest night
Embrace the darkness
Wrap yourself in the presence
Of your life
Sit with your wisdom
Witness the past year
As you would unpack your suitcase after a
long journey
Find forgotten treasures
Joys and extraordinary blessings
Unexpected kindnesses and miracles
Take out the day to day experiences
The lessons learned and relearned
Shake out the unhappy feelings
Letting go of remembered bitter words
Hurt
Pain
Look
With eyes grown used to darkness
Let your hands reach into corners
Find all that has been hidden and forgotten
Turn over the suitcase
Empty it
Now look inside again
Regard the emptiness
What will you carry with you
Into your new year?

The BRA Health Care Committee Lecture Series

10:30 a.m. Auditorium

Tuesday, January 10
**The Green House Concept
in Health Care**

A discussion by:
Frank Iber, M.D.

Pat Lackey
Mary Frances Wagley

Tuesday, January 17
Diseases of the Digestive System
Ted Wilson, M.D.

Four-Part Series to Explore Journalism

By Carol McCord

Four Baltimore journalists will talk about their work and the life of a news writer at the four-program *Adventures in Learning* winter series beginning February 8.

Speaking first will be Linell Smith, a former feature writer for the *Baltimore Sun*, who is currently working for *Hopkins Medicine* and other affiliated magazines.

Following her will be Judy Rousick, known as J. Wynn Rousick during her years as a *Sun* columnist. She is now WYPR theater critic. Tim Smith, music and theater critic for the *Sun* will speak third; and Dale Keigor, writer and associate editor of the *Johns Hopkins Magazine*, will wind up the series.



The 2011 edition of the Gingerbread House, a Broadmead tradition, was made by Catherine Rommell, daughter of longtime "house" builders Betsy and Harry Butcher. The house is demolished and eaten annually at the New Year's Eve Party. *Photo by Marcia*

Hanukkah Observed With Blessings and Music

Story and photo by Sally Bloomer



Jonas Rappeport reads the Hanukkah blessing

With the lighting of the menorah candles by Harriet Ambrose, director of Therapeutic Recreation, and the reading of blessings by residents Jonas Rappeport in Hebrew, and Virginia Schurman in English, Broadmead opened its well-attended Hanukkah celebration.

Hanukkah, which lasts for eight days, commemorates the rededication of the Holy Temple in Jerusalem following the Jewish victory over the Syrian Greeks in 165 BCE. Jews, who had been ordered to worship the Greek Gods, were led in revolt by Mattathias, the high priest. His son, Judah Maccabee, took the Jews into the newly won temple to relight the Eternal Light, but there remained only a single jar of oil.

Miraculously this small amount continued to burn for eight days. The ninth candle on the menorah is the shamus (leader) candle which lights all the others.

Combining both eastern and western music, the concert by Charm City Klezmer was lively, often romantic and versatile. The romantic songs praised the devotion and love of the family. The folk songs are sung by the audience at festive occasions. The Broadmead audience especially enjoyed the song *Bi Mere Bish Du Shein* sung by Judith Geller. She also led residents in a folk dance circling the floor and clapping. The other members of the band were Michael Raitzyk, guitarist; Seth Kible, who played the saxophone, clarinet and flute; and David Freedman, bass. This group was started in 1997 by Judith's father. The band is maintaining the family tradition just as Klezmer music epitomizes the folk tunes sung for ages by eastern European Jews.

Celebrating the Life of Martin Luther King, Jr.

Monday, January 16
7 p.m., Auditorium

Choir and Performers

Special evening dinner in the dining
room at regular hours

Sponsored by the Multicultural Committee

Men's Saturday Social Hour

9:30 a.m. Auditorium/Lounge

January 14 - Bernie Anderson

January 28 - Jack Daum

Wear name tags.

Bring \$1.00 to defray cost of
refreshments.

New Caregivers Fund Is Established by Donor

Thanks to a generous donation from a resident who wishes to remain anonymous, a new Caregivers Fund has been established for Broadmead Residents.

Caregivers are persons who assist bed-ridden residents residing on Hallowell, whether temporarily or permanently. They perform a variety of non-medical, non-professional duties, such as assisting with meals, reading aloud, adjusting the TV set, running errands and so on. Unfortunately these duties, no matter how rewarding, become wearisome as the weeks and months pass. The purpose of this fund is to offer a measure of relief by paying for a temporary replacement for a short time, generally two to six hours.

This replacement need not have any medical training. His or her duties will include adjusting the television, filling water glasses, offering assistance at meal times, perhaps reading to the resident. .

The details of how these assistants will be hired have not yet been established, but the intention is that they will involve a minimum of red tape, and that no reasonable request will be refused.

At the moment it appears likely that geriatric nursing aides will be used because they are readily available from Friends Circle. In order to make the Fund last longer, it is hoped that in the future a source will be found for aides with less training.

Social Workers Julie Heffner and Teresa Gramling will assist in administering the Fund. Residents wanting to apply for assistance from the Fund should call them.

Residents Give \$40,839 to Employees Appreciation Fund



Shown here readying the holiday checks for 231 members of the Broadmead staff are members of the BRA Executive Committee. For the fall Employees Appreciation Fund Drive, 257 residents contributed \$40,839 against a target of \$38,000. The average per person contribution was \$159, compared to \$155 for the May drive. Individual contributions ranged from \$12.50 to \$2,000. The average check to the staff was \$150 with the top check being \$211 and the minimum \$9. Seventy staff members received the top amount. Checks to eligible staff are based on the number of hours worked. Shown here stuffing envelopes from left are Susie Fetter, Bill Reinke, Kitty Stierhoff, Tom Nuttle, Hyko Laeyendecker, Sandy McClung and Linda King.

Photo by Marcia Reinke

Broadmead Residents Association Concert Series

Wednesday, January 11
7 p.m., Auditorium

Pianist Lura Johnson

"Variations on Variations"

(includes works by Mozart, Bach, Bermel, Schumann and Brahms)

(Please note that this performance is on a Wednesday)

Resident Prescription Drug Use, Prevalence of Osteoporosis Explored

Broadmead residents take a lot of prescription drugs.

And many of us have thin bones.

Those were two of the findings discussed at a recent meeting of the Residents Association Health Committee, following a presentation by Medical Director Barbara Carroll M.D.

The average resident in the clusters takes 9.83 prescription medications plus another two over-the-counter agents, for a total of nearly 12. Psychotherapeutic agents are used by 47% of our outpatient population. Of that number, 35% are on antidepressants; 21% are on hypnotics (sleeping pills); and 10% are on anxiolytic agents. Over half of those taking psychotherapeutics are on multiple agents in this category, she said.

Among the drugs most used are antidepressants Wellbutrin and Zoloft, sleeping pills Lunesta and Restoral, and anxiolytics Valium and Effexor, Dr. Frank Iber, chair of the Health Committee, explained. Figures are based on an audit of 292 records conducted on October 11.

Although these figures do not include medications taken by those in the licensed care areas, the figures are almost the same, Dr. Carroll said. Most geriatricians believe that nine is the maximum that should be used in an elderly population, and that too many psychotherapeutic agents are used. These drugs contribute to falls with injuries which require hospitalization, she said.

An audit of 180 charts of outpatient women has indicated that 72% have had DEXA bone scans in the past two years, and only six of these

scans came up normal. Recommended for almost all Broadmead women, with 17% refusing, these scans detect thin bones that require treatment.

Two-thirds of the completed scans showed bone loss significant enough to warrant treatment with medications to prevent fractures which are usually painful and frequently disabling. Commenting that Broadmead's participation rate is high and commendable, Dr. Carroll urged those who have not participated, including men, to do so.

In other business, the Health Committee learned that only five cases of antibiotic resistant staphylococcus infection, and no secondary cases, have been identified over the past year, a record which resident John Dowling, M.D., an expert on infectious disease, cited as excellent and indicative of good nursing control.

The Bruck Fund has hired two massage persons to provide four to six services each during weekly visits. A companion program, to provide for someone to go to the hospital with residents without family, is being evaluated.

New Residents

John DePrine	B-4
Robert Gist	B-4
William Kilian	B-18

MOVING AROUND BROADMEAD

	<u>From</u>	<u>To</u>
Donald Chambers	R-10	T-328
Sara Leizear	F-1	T-326
Betty Mohr	P-4	S-206
Barbara Vosburgh	R-14	T-321

Lura Johnson to Be Featured in Wednesday Performance

Pianist Lura Johnson, who has recently been named a Steinway Artist, and who has established herself as one of the Mid-Atlantic's most prominent ensemble pianists, will be featured in a solo performance here on



Wednesday, January 11 at 7 p.m.

Sponsored by the Broadmead Residents Association as part of its annual series, Johnson performs regularly with the Baltimore Symphony Orchestra under the direction

of Marin Alsop, and has collaborated on recordings with Yo Yo Ma and Itzhak Perlman. She is principal pianist for the Delaware Symphony Orchestra and has performed as a soloist with regional orchestras in Maryland, Ohio, Delaware and Massachusetts. She currently serves as artistic director of *Music in the Great Hall*, a Baltimore chamber music series at the Towson Unitarian Universalist Church, and serves on the faculty of the Peabody Conservatory.

Her Broadmead program entitled "Variations on Variations" will feature Mozart, Bach, Berlioz, Schumann and Brahms, and will follow by one week her recording of the program for commercial CD.



Doll Collection Decorates Lobby Display Case

Text and photo by Nancy Boyce

The charming dolls featured in the display case near the reception desk are part of Louise Hager's vast collection of Hanna dolls. Made by Hanna and Fred Mendus of Kansas City, they represent characters from Dickens novels, as well as historic and religious figures.

Fred Mendus made the forms while Hanna sewed the clothes, using old felt hats, pieces of fur (including ermine), beads, silks and satins.

Louise was in Kansas City from 1985-1999 when she started collecting. She studied at St. Paul's School of Theology and, at age 73, received a master's degree and certification in Clinical Pastoral Education. She now volunteers as a chaplain at Sheppard Pratt.

Friends Meeting for Worship

Sundays at 11 a.m.
Stony Run Board Room
Everyone Welcome

Conservation Committee Meeting

Thursday January 12
10 a.m. Fireplace Room
Video to be Shown

Common Cause Speaker Deplores Money's Influence on Elections and Legislation

By Marcia Reinke

The horrendous impact of money on elections, lack of transparency, ethics laws with no clout and the failure of schools to provide civics courses were deplored at a recent Open Forum here by Attorney Susan Wichman, executive director of Maryland Common Cause.

Speaking on the general topic of campaign finance reform, Wichman said the Supreme Court was in her opinion "naïve" in deciding that "money and speech" are the same in its recent *Citizens United* decision. The decision, which is having a major impact on elections this year, allows corporations to funnel money to "independent organizations," often tax-exempt non-profits, which in turn give money to candidates, or run "issue" ads supporting a candidate's position.

Noting that Common Cause and other organizations cannot overturn this decision without a Constitutional Amendment, she said their efforts are now directed at disclosure laws, requiring such advocacy groups to make public the names of their donors. Common Cause was instrumental in getting a disclosure law through the Maryland General Assembly at the 11th hour last year, requiring a donor report to the Board of Elections, in its annual report to shareholders and on the homepage of its website.

On public financing of elections, Wichman criticized the governor's failure to make appointments to a committee which is supposed to look at public financing of legislative and judicial races. Targeting the election of judges, she said they too frequently seek donations from the very lawyers who will be appearing before them. The use of slates allow a group of

candidates to pool funds, allowing a wealthy or unopposed candidate to give money to another candidate whose vote may then be subject to the donor's control.

Wichman, a graduate of Towson University and Cornell Law school with family here in Cockeysville, expressed great concern about the fact that most Maryland schools no longer teach about government in Social

Studies classes, if they provide Social Studies at all. Test scores in reading and math have become so important that subjects relating to government, which are not tested, are too often not taught.

Commenting on the efforts by Common Cause Maryland to have the General Assembly censure Senator Ulysses Currie who was found "not guilty" at a trial involving his contract and lobbying for Shoppers Food Network while serving as chair of the Senate Budget and Finance Committee, she said his actions were clearly against state ethics laws. But there are no penalties and without penalties they are easy to ignore, she said.



Wednesday Worship Episcopal Communion

1st Wednesday of month, 10:30 a.m.
Health Education East Hall Room 160
Sponsored by Sherwood Episcopal Church

Catholic Mass

2nd Wednesday of month, 10 a.m.
Health Education East Hall Room 160
Sponsored by St. Francis Xavier Church

Jean Wilson, Aided by Louise Williams, Wins Again

Once again Jean Wilson has won a bridge Round Robin, this time partnered with Louise Williams in Robin Three. Robin Three announced its winners at a December luncheon in the Magnolia Room. Robins One and Two presented awards in September.

Jean won Robin One with partner Bette Hollyday, and Robin Two with partner Pamela Langham. Jean claims it's just because she "got good cards this year." But there are 11 other teams in each Robin that believe there "could be some skill involved."

Placing second in Robin Three were Tippi Sieck and Mary Jane Kiefaber; third, Pamela Langham and Bette Hollyday; fourth Anne Allen Dandy and Peggy Taliaferro; fifth, Florence Platt and Helen Davis; and sixth, Bea Post and Carolyn Whittington.



Let's Dance

January program
cancelled.
Next dance February 13

Open Forum

January and February

7 p.m. Auditorium

Thursday, January 5

***Current Status of CCRCs in Maryland
and the 2012 Legislative Session***

Marty Roach, Chief of Continuing Care
Maryland Department of Aging

Friday, January 20

***Maryland's Response to the
Federal Health Care Program
and Challenges to It***

Delegate Dan Morhaim, M.D.
Deputy Majority Leader
Maryland House of Delegates
Emergency Room Doctor at Sinai

Friday, February 3

***Wall Street and Baltimore Protesters
and the Right to Assemble***

Susan Goering, Director
ACLU of Maryland

Thursday, February 16

***Baltimore County Update
Development on York Road***

Todd Huff, District Three Councilman
(representing Broadmead)

Off Campus Voice Distribution

Because we have been having problems with slow mail, *The Voice* is now available on the Broadmead Residents Association website by the first of each month at www.broadmeadra.org where it may be read online or downloaded. The September - December, 2011, back issues are also available on the website.

Associate members and visitors may pick up hard copies at the reception desk on the lower level as soon as they are hand-delivered to residents, usually the first day of the month from September through June.

Those on our complimentary list will continue to receive the regular mailing, unless we are advised to discontinue at voice@broadmeadra.org.

Broadmead Briefs....

Don Smyth, new leader of the Bird and Nature Group, while thumbing through the Residents' Picture Book in the Lounge, learned that **Marjorie Rhoades**, Hallowell 203, had authored and published a children's book about birds many years ago. Marjorie, invited to a recent meeting, showed everyone the book. Attending was Associate member **Judy Kistner**, who was delighted to meet the author of the book she had used in teaching nature to her fourth grade Baltimore County elementary school children.

A new **Barn Sale** plot to sell stuff, known as a Quixie-Fixie or "smart mart", has been hatched by the ever-busy ladies of the Barn Sale's clothing committee. The Quixie is the brain-child of **Margaret Proctor**, aided and abetted by boss lady and money changer **Nancy Allchin**, prime fixer and needle girl **Bonnie Cox**, and a support team of **Bettie Byerly** and **Elborg Forster**. Realizing that location is everything, the first 105-minute Quixie took place in the doorway of the Arbor Café, which will also be a future site. Margaret reports that the sale is a source of "innocent merriment" as well as easy profit.



And speaking of the Barn Sale, look at the gorgeous dress Director of Wellness **Jody Tromble** found and wore to a wedding with husband Wayne recently. She was bragging about it and describing it at a recent exercise class, when **Sita Smith** said "that sounds like my dress." Sita had also worn it to a wedding. Barn sales make everyone happy.

Dick Allchin, coordinator of Round Robin Two, says its 2010-2011 bridge champs have proved their prowess anew, despite a small problem of bidding too low. During a recent 18-hand match, champs **Jean Wilson** and **Pamela Langham** bid two - TWO - small slams and made them.

"This is not a simple feat," Dick said. "During a full year of matches, the norm is just two or three small slams bid and made" by all 12 teams. Several small slams, even grand slams, are made annually, but not bid. Even Pamela and Jean were victims of that problem since one small slam was underbid. They made a grand slam.

(Note: see Round Robin Three results on page 9.)

Dick Allchin has also announced that Round Robin Two has an opening for a bridge team for the current season. An interested team or individual may contact him in B-6.

Due to the recent change in the BRA bylaws, residents in Assisted Living and Hallowell Hall are now allowed to elect their own cluster representatives to serve on the BRA Board. **Fran Beasley** has been elected for Assisted Living and **Bill Benson** for Hallowell Hall.

Residents are reminded that Broadmead provides the services of a notary public for those needing documents notarized. Certified as notaries are Community Services Coordinator **Lisa Manolfi** in the Administrative Offices, and administrative assistant **Carolyn Frederick**, on the lower level. Best to call ahead.

Sally Bloomer, our resident conservation "nag" - oops, enthusiast - wants us to save energy for Broadmead and the country by turning off our

(Briefs are continued on page 11)

(Continued from Page 10)

outside light when we're inside and don't need it. And while we're inside she wants us to layer our clothes instead of raising the thermostat. She says most residents keep their thermostats at 72 degrees, while 70 degrees is just fine for the hardiest among us.

Eager for us to mark our May calendars (before many of us even have a 2012 calendar in hand), **Music Committee Chair Jerry Green** has sent a mass e-mail proudly announcing that the Adkins-Carney-Lu String Trio has been engaged for the final Broadmead Residents Association concert of this year's series. Composed of Madeline Adkins, violin; Jonathan Carney, viola; and Pei Lu, cello, it will be held Sunday, May 27. Carney is concertmaster of the Baltimore Symphony Orchestra. **Jerry** has also announced the purchase of a cello chair, designed especially for guest or resident cellists.

Ethel Landis has a story about a naughty deer. Not just a hungry deer, a naughty deer. "I have one lonely bird feeder," she said. "My cat Stella and I very much enjoy watching the birds stop to feed." Explaining that she hadn't put seeds out during the rainy season, she said that the first day she filled the container, a deer came by to shake **all** the seeds out. "I didn't refill, thinking that she would be back the next night." Sure enough, she was back, but not approving of the empty feeder she pooped on the seed that was on the ground.

"Deer don't forget," Ethel said. Still displeased, the deer dug a hole where the seed was under the feeder and pooped again. Next night, same thing. Ethel is now trying Deer-Off.

Monday Book Group

No meeting in January

February 6

In the Garden of Beasts

By Eric Larsen



Ginger Turner, pictured with her mother, resident Penny Turner at left, brought an Army Band brass quintet to the Arbor Cafe during the holidays to help us celebrate the season. Ginger, who lives in Lutherville, is stationed at the Pentagon, where she is a longtime member and trumpet player with the Army Field Band and Soldiers Chorus. Penny, according to the resident biography book in the Lounge, was herself a band director early in her career.

Photos by Natalie Bellows



Thanks Extended To Holiday Decorators

By Alma Smith

Thank you, thank you, thank you, Broadmead resident angels and unsung heroes. You made the Community Center and Holly House beautiful this holiday season.

And thanks again to staff member Anne Foy for more handsome trees and help decorating this year. Behind-the-scenes maintenance workers helped make our job easier by delivering the decorations and trees and assisting in some of the more difficult decorating jobs.

You all worked hard in setting up, and will work hard again dismantling the holiday decorations. Your efforts are very much appreciated.



Above and at left are just two of the many trees which sprang up during the holidays in every corner large enough to accommodate them on all floors of the Center and in Holly House.

Accompanying the trees were handsome red, white and green arrangements, poinsettias, wreathes and ropes of greenery put in place by Residents Association volunteers with assistance from the staff.

The tree at left sat on a table in the out-patient area. The tree above was located across from the display case.

Photos by Marcia Reinke

Joyful Simplicities Matter Most

By Harriet Ambrose., Therapeutic Recreation

Broadmead is preparing an improved lifestyle experience for residents living in the licensed care areas. The new program will attempt to broaden our understanding of resident preferences and to help residents live out these preferences. We will be seeking volunteers from all of our resources—staff, residents, family, board members, associate members and others. A new Lifestyle Department will be formed to coordinate the work.

This transition is what our Culture Evolution is all about—changing attitudes, ways of doing things, and even adapting environments-- to more fully meet individual needs and wishes.

Residents may be more involved in ongoing happenings of their living area, including those who wish to continue socializing with other residents and choose spontaneous activities or host one. This is what we mean by lifestyle: having a home where residents, staff, family, friends and volunteers interact in ways that more fully reflect a normal rhythm of life.

A “Resident-Directed” culture more fully focuses on the individual’s own declared needs, desires, and decisions. In effect, the power of choice is restored to the resident. Some residents may be independently capable of pursuing their own activities; or some may only need the assistance of an escort to other areas within the Broadmead Center to pursue their activities of interest.

Although we are in the early stages, we will be developing new ways of working together to successfully develop this Lifestyle Program.

By the spring of 2012, you will be learning more about ways that you can join the effort as a Lifestyle Assistant. The potential holds tremendous benefits, beginning with the foundation of the “caring hearts all around us”.

It's the little things in life
that matter most
It's the smile, it's the greeting
It's the visit, it's the reading
It's the sharing of laughter
Is it the present or the after?
What matters most, it's hard to say
But a little of your time will
go a long way



The work of many months by a team of dedicated quilters has produced the much-anticipated Broadmead community quilt, shown here being mounted in the auditorium by staffers Dave Sutton and Mike Chilcoat. A special program to officially celebrate will be held in January. Photo by Bernie

The Broadmead Play Readers

will present

I'm With Ya Duke

by Herb Gardner

Wednesday, January 4

7 p.m., Auditorium

Vespers

Sunday, January 15

4:30 p.m., Main Lounge

Amy Schmaljohn

Gunpowder Friends Meeting

(Quakers)

All are welcome.

Senior Day in Annapolis, to be held Tuesday, January 17, is the time to tell our legislators that CCRC residents may be old but we still vote. Transportation from Broadmead will be provided. See sign-up sheet on the bulletin board.

Seven billion and growing **Challenges Explored as Population Growth Threatens Earth, Human Lifestyle**

By Marcia Reinke

Since the time of George Washington, the world's population has grown sevenfold, from an estimated one billion in 1790 to seven billion today. And the consequences, not only for people but for all species, are dire.

Quoting further statistics showing a population leap from 1.6 billion in 1900, and from 6.1 billion as late as 2000, John Seager, president of the Population Connection, told a Broadmead audience that population is connected to poverty, women's rights, the economy, the environment, global justice and civil unrest. "The climate, gas prices, wars - these are all linked to population," he said.

At an Open Forum talk entitled "Population Challenges for a Crowded World," Seager said his organization works for "universal access to voluntary, affordable family planning." It advocates for government foreign-aid programs and also produces a K-12 curriculum which, with the training of teachers, is reaching some three million students today. Formerly known as Zero Population Growth, Population Connection was founded in 1968 and now has some 140,000 members worldwide.

The world's population started growing rapidly about 1800 when young people began to survive, he said. Back then a woman might have seven children or more, but most did not survive childhood. Basic sanitation and modern medicine have changed all that. Currently 9,360 babies are born every hour, some 82 million a year, mostly in the poorest places on earth.

How many people can the world support? That depends on how we want to live. On a U.S. diet, two billion would live and the rest of the world would starve, he said. If everyone on earth wanted to live as the poorest now do, earth could support 40 billion, if water resources hold out. "But it's difficult to move water over great distances and 800 million people on earth today lack safe water. Four in 10 have no indoor plumbing," he said.

There are solutions, Seager said, even in Muslim and Catholic countries where the religion opposes birth control. Citing Iran, a theocracy, where 98% of the people are Muslim, he said a government program to make information available has resulted in a birth rate drop from 6.5 to two in six years. Similarly in Catholic Mexico, separation of church and state has led to a drop from 6.8 to 2.2. Italy, home to the Vatican, now has one of the lowest birthrates in the world.



The Broadmead Outpatient staff produced a gingerbread village to decorate the waiting room just before Christmas. According to Dr Barbara Carroll, "doctors, nurses, everyone" participated in the delicious-looking production, complete with "Do Not Eat" warnings to hungry patients. The village is competing in an American Radiology Services contest requiring that everything be edible. Directions for voting are available at the Outpatient window. Photo by Marcia Reinke



Sand dollars, gathered from California beaches, decorate the Forsters' Yule tree.

Photo by Marcia Reinke

For Samay

By Heinrich Ball

We come from afar
 dear child
 and have far to go
 never fear
 all are with you
 who were before you
 your mother, your father
 and all who were before them
 way way back
 all are with you
 never fear
 we come from afar
 and have far to go
 dear child

Your Grandfather

(And translated for Sara, Jenny, Ethan and Emma by their grandmother, Elborg Forster)

What is involved in genealogical research?

By Elborg Forster

Traditionally, genealogical research was done in public and private archives, such as the Maryland State Archives in Annapolis; the Maryland Historical Society or the corresponding institutions in other states; in church offices, which keep records of baptisms, marriages and burials; in cemeteries or in family attics. If the ancestor in question was an immigrant, one might try passenger lists and the papers of immigration authorities, most notably the huge installation at Ellis Island in New York. In the case of slaves brought in from Africa, alas, shipping and plantation records will often tell the distressing story. Following a family line in "the old country" is of course more complicated, especially if a foreign language is involved, but it can be done. A great resource for genealogy hunters everywhere is the Salt Lake City Genealogy Library of the Mormon Church, whose contents are now available on the web at Ancestry.com. According to Mormon doctrine, a deceased ancestor can join the Church and thus partake of a blissful eternity, *provided he or she is known* to the descendants. That is why the Mormon Church has gathered vast amounts of demographic material such as censuses, tax lists, school records, public health documents and much more.

Saturday Night Performances

January 7: Humane Society of Baltimore

January 14: Movie (see page 18)

January 21: Big Band Evening

January 28: John Butler - A recent trip to Greece. Lecture and pictures.

Sarah Nancy Revisited

By Sally Bloomer

After reading the role of Sarah Nancy in the recent Broadmead Play Readers program entitled *Blind Date*, I had three interesting reactions.

First, most residents were highly amused. They apparently found the bickering between Dolores and Robert, aka Marcia and Bill Reinke, very entertaining. One resident, who has had a rough time of it lately, observed that she laughed through the whole play.

Second, one resident found that she could identify with Sarah Nancy. As a teenager she was shy. She was constantly urged by her mother to be more sociable. This was painful for her. Today she has overcome her shyness and reluctance to relate to boys. She is one of the most active and sociable residents at Broadmead.

The third reaction was to recollect my own childhood interest in boys. I must confess it began in the third grade when I was a mere eight years old. His name was Roger. He passed me a wadded-up paper note asking if he could be my boy friend. Or was it a plea that I be his girl friend? His father was a floor walker on the main floor of the most fashionable women's department store in town. This seemed to me most prestigious and even romantic.

The next important male in my life was Frank who was also a neighbor. We climbed all over the half-constructed houses in the neighborhood, walking the planks and swinging from the rafters. His father worked in a lumber yard. Again, a fascinating occupation.

In sixth grade things got really intense. Dancing school every Friday afternoon--ballroom dancing with girls and boys. Bob Olson and I would be driven to the Chatterbox Club in town by his mother. There were boys and girls from all over town. Mrs. Thomas taught us the foxtrot, the waltz and the rumba. Once, when she was demonstrating how a young man should approach a young lady to ask for a dance, she called my name to come onto the floor.

She then asked me to precede her. I was frozen in my tracks until she gave me a shove. It was ignorance, not shyness that froze me.

The girls sat on one side of the floor and waited for the boys to advance and bow before their chosen partner. There were one or two girls that the boys would race to get to first. I was not one of them. I remember the squeaky corduroy knickers as they advanced across the floor. Richard from another school was my favorite. After dancing school ended, I would hear about him, but rarely saw him.

In high school I had a really active social life. Not always with the most desirable handsomest boy on campus. But that's life. We do the best we can.

Big Band Bash

Saturday, January 21

7 p.m., Auditorium/Lounge

**The Theatre of Performing Arts
of Southern York County**

Music, performances, desserts and dancing.

For your listening and dancing pleasure,
enjoy many big band

musical numbers including such favorites as

In the Mood and *Sentimental Journey*

all performed by a 20-piece band.

Presented by Broadmead Community Services



***The BRA's annual holiday open house
attracted 120 residents to Holly House.***

***Enjoying the cheer here are, from left,
Virginia Schurman, Frances and Richard
Alden.***

Photo by Marcia Reinke

Voluntary No Food, No Drink Death

By Dr. Frank Iber

Discussing the voluntary stopping of eating and drinking (VSED) to cause death enthralled a large audience of both Broadmead residents and staff.

Legal in all states, VSED is one of several options open to persons who conclude that their poor quality of life and related suffering is no longer possible to continue.

Anita Tarzian PhD, RN, a medical ethicist, addressed issues relating to VSED at the December lecture of the Residents Association Health Care Committee. Discontinuation of essential support systems such as mechanical ventilation or terminal sedation are alternative choices, she said.

The stages of VSED progression include hunger and dry mouth for the first two days, prolonged alertness and euphoria from three to 10 days and death by the eighth to 20th day. A major advantage is the slow progression with a clear mind offering ample opportunity to choose to continue or NOT, and a satisfactory opportunity to visit with family and loved ones.

With knowledgeable support to allay the initial symptoms of severe dry mouth and hunger, to continue medical alleviation of pain and shortness of breath, VSED can lead to a "good death," she said.

Ethical, religious and possible legal implications were presented. The powerful role of choice in a situation with few options is beneficial even though most people reject this method of dying.

Dr. Tarzian believes that too few professionals present this choice to their patients. The voluntary choice of VSED is in contrast to the involuntary cessation of eating (and less frequently of drinking) as a late event in almost all terminal illness when the subject no longer wishes to eat, often causing great distress in family members who equate food intake with life.



Providing a special treat at this year's Christmas Vespers was Broadmead's new Renaissance Trio, composed of Phyllis Olson, viola da gamba; Natalie Bellows, recorder; and Jean Wilson, violin. The trio will be playing at future vespers services and other events.

Photo by Marcia Reinke

OPERA VIDEO

Friday, January 27
7 p.m., Auditorium

L'Elisir D'Amore (Comic Opera)
by Gaetano Donizetto

METROPOLITAN OPERA

Starring Luciano Pavarotti in one of his greatest roles; Kathleen Battle at the height of her career; and Enzo Dara as the quack Doctor Dulcamara selling his elixir of love.

(128 mins.)

Harry Blumenthal

In Memoriam

Phyllis Merz

June 8, 1930 November 29, 2011

Margaret Rathsam

June 18, 1917 November 30, 2011

Let's Sing

with Jonathan Jensen
at the piano

Wednesday, January 18
7 p.m., Auditorium
(note change of date
due to Martin Luther King celebration)



Broadmead Movies

Auditorium at 7 p.m.



Tuesday movies selected by

Gretel and Leo Weiss

Saturday movies by Jean Stephenson.

Tuesday, January 3

The Help

This film involves three extraordinary women in Mississippi during the '60s whose secret writing project breaks social rules. This succeeds in bringing everyone in town face-to-face with changing times. Sub-titles. 2011 PG13 137 minutes

Tuesday, January 10

Midnight in Paris

A romantic comedy written and directed by Woody Allen about a young man's love for a city that changes the lives of a young couple. A chance to meet famous artists and writers of the early 20th century. Sub-titles. 2011 PG13 94 minutes

Saturday, January 14 Edward the King, 4

The final two episodes of this series. In episode 12 Bertie courts friendly relations with other nations in defiance of government ministers, earning him the title of "The Peacemaker". In episode 13 Bertie, worn down from work, falls gravely ill and dies, beloved by family, friends and country. 105 minutes

Tuesday, January 17

The Debt

An espionage thriller with Helen Mirren and Tom Wilkinson about their former colleague. The three were venerated for tracking down a Nazi war criminal earlier with surprising revelations when the bold and dangerous fugitive is thought to have emerged thirty years later in the Ukraine. Sub-titles. 2011 NR 104 minutes

Tuesday, January 24

A Better Life

This candid drama tracks the relationship and conflicts between Mexican immigrant gardener, Carlos, and his teenage son, Luis, whom he is trying to interest in earning an honest living rather than drifting into an East L.A. gang scene. Sub-titles 2011 PG13 121 minutes

Tuesday, January 31 Water for Elephants

Impetuous veterinary student, Jacob, joins a celebrated circus as an animal caretaker. He is transfixed by an angelic married performer, but the warmth between them sends her cruel husband into a frightening fury. However, Jacob and Marlena find life-long love. Sub-titles. 2011 PG13 121 minutes

Exploration

By Ruth S. Williams

No matter how old you may be
There are always new lands to see,
New books to read, new food to eat,
Things to learn, and people to meet.

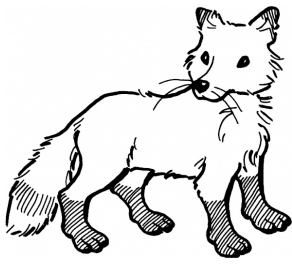
I've never been to Zanzibar,
Hong Kong, Dubai, or Kandahar,
Baffin Island, South Dakota,
Sioux City or Minnesota.

I haven't read *Women in Love*,
Lord Jim or *Wings of the Dove*,
Babbitt, or *Wide Sargasso Sea*,
Or *An American Tragedy*.

I've never met a real live Queen,
Though I've seen them on the TV screen.
Britain's Queen Elizabeth would do.
I'd like to meet her husband too.

I have never tasted an eel,
Studied Greek, or swum with a seal.
And before I am ninety-nine
I might like to swim the Rhine.

Which of life's treasures have you missed?
Just add them to your Bucket List.
Then check them all off one by one,
But best of all, have loads of fun.



Hither, Thither and Yawn

With Foxy Georgia

By now, the holiday are over and Lent is almost here! Remember Lent? We all gave up something, during those 40 days but, oh joy, Sundays weren't included, so they were make-up days, big time!

Any thoughts for this year? Let's be positive. How about learning to speak into the Mic? No more whispering sweet nothings. How about volunteering in the Country Store? How about volunteering for a job visiting and reading to friends in Taylor or Hallowell? Betty Shaughnessy, volunteer coordinator, would be delighted to place you.

Looking back, much went on in addition to parties and such. Betty Rothman proved the value of the ramp in the bus, and Bette Hollyday, Walt Hudson, Alice Giles, Midge Nelson Joan Eastman and a number of others were there also for the trip into Center Stage. The gang that goes to Everyman Theater, Dot Gustafson, Peggy Taliaferro, Pris Stieff and Chas, Nancy Warner, Fleesy Platt, Ruth Bronstein, Marcia and Bill Reinke were first in line for their usual seats.

There was another large gathering at the Shoo-Flu day. Heather and Marisa organized us beautifully and flu-shots were enjoyed by all. The best gathering of all was the joint 90th birthday party

for Ginny Cooke and Fran Beasley. It was a moving sight to see these dear friends sharing their day, looking so swell and happy.

Virgina Schurman, well dressed in her role as Martha Ellicott Tyson, introduced us to a page in Baltimore history, plus an interesting note that her family spoke fluent French and read Voltaire. Better reading than the *Sun* paper today.

Only in Baltimore, "saur-kraut" with turkey.

Only at Broadmead, a Cat Club. Didn't know about it? Well, they gather for tea (cat-nip?) and cookies and cat-chat. Guess the cats get some treats also.

Speaking of treats, the Music Committee headed by Jerry Green brought us the C Street Brass Quintet. Not often do we hear Bach in brass. And they brought down the house with a great rendition of Tiger Rag.

T'aint often an opportunity to praise gentleman attire. Must laud Albert Laisy and his black Sunday-go-to-meeting felt hat. And Frank Iber in his hat with an elaborate bow, made out of one of Betty's best scarves, no doubt. Keep an eye on Richard Gilley and Bob Davies. Real trend setters. They do us proud!

BIRD AND NATURE GROUP

Friday, January 20, 1:30 p.m.
Fireplace Room on the
Lower Level

Everyone Welcome



www.LucyGardens.com

VOICE OF THE RESIDENTS

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The little snowmen are back with their gaily colored, hand-knitted hats and scarves, outside the main entrance from the clusters. The bigger snowmen succumbed to the elements last year, but their “progeny” have increased, said Georgia Erlbeck, chief designer and knitter.

Photo by Marcia Reinke